WHAT IS CLAIMED IS:

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- 1. A composition for forming a piezoelectric film containing a dispersoid obtained from a metallic compound, the composition comprising at least one of 1,8-diazabicyclo[5.4.0]-7-undecene, 1,5-diazabicyclo[4.3.0]non-5-ene, and 1,4-diazabicyclo[2.2.2]octane.
- A piezoelectric film forming composition
 according to claim 1, wherein said metallic compound is an organometallic compound.
- 3. A piezoelectric film forming composition according to claim 1, wherein said at least one
 15 material is contained in an amount from 0.005 to 5.0 times of moles with respect to a number of moles of the total metal atoms in the piezoelectric film forming composition.
- 4. A piezoelectric film forming composition according to claim 1, comprising at least one of elements Pb, La, Zr and Ti as a constituent element.
- 5. A method for producing a piezoelectric25 element comprising:
 - a step of coating a substrate with a piezoelectric film forming composition containing a

dispersoid obtained from a metallic compound, and including at least one of 1,8-diazabicyclo[5,4,0]-7-undecene, 1,5-diazabicyclo[4.3.0]non-5-ene, and 1,4-diazabicyclo[2.2.2]octane to form a coated film;

- a step of drying said coated film; and a step of sintering said dried film to obtain a piezoelectric film.
- 6. A piezoelectric element including a

 10 piezoelectric film provided between a lower electrode and an upper electrode, wherein said piezoelectric film is prepared by a method according to claim 5.
- 7. An ink jet recording head comprising a

 15 pressure chamber communicating with an ink discharge port, a vibration plate provided corresponding to said pressure chamber, and a piezoelectric element according to claim 6, provided corresponding to said vibration plate, wherein ink in said pressure chamber is discharged from said ink discharge port by a volume change in said pressure chamber caused by said piezoelectric element.